



Questions about Diabetes and CVD Tip Sheet

If You Have Diabetes, Talk to Your Health Care Provider about Your Increased Risk for Heart Disease and Stroke

If you have diabetes, you are at high risk for having a heart attack or stroke. You can help to lower your risk by managing the **ABCs** of diabetes. **A** is for A1C, a test that measures average blood glucose over the past 2 to 3 months; **B** is for blood pressure; and **C** is for cholesterol.

Talk to your doctor or other member of your health care team about the link between diabetes and heart disease. Put a check next to the questions you want to address at your next visit.

_____ What are my ABC numbers and what are my ABC goals?

	<u>ADA Goals</u>	<u>My Numbers</u>	<u>My Goals</u>
A1C	Below 7	_____	_____
Blood pressure	Below 130/80	_____	_____
Cholesterol			
• LDL	Below 100	_____	_____
• HDL	Above 45 (men)	_____	_____
	Above 55 (women)	_____	_____
• Triglycerides	Below 150	_____	_____

_____ How often should my ABCs be checked?

_____ What steps can I take to reach each of my ABC goals?

_____ Can taking medicines such as aspirin, ACE inhibitors or statins help me reduce my risk for a heart attack or stroke?

_____ What are symptoms of heart attack and stroke that I need to watch for? Do I need special testing to detect heart disease?

_____ What's the best way for me to quit smoking?

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